

Experiencing "the map" for :

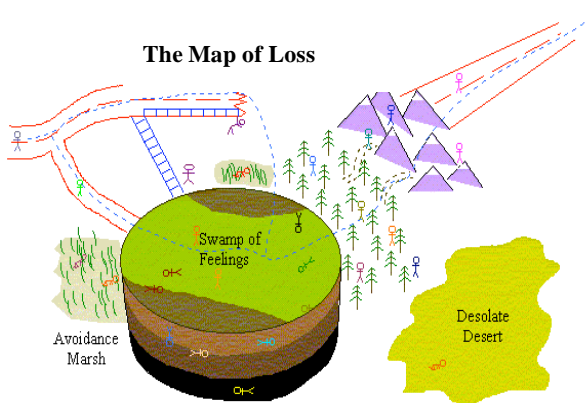
* self care *

* clinical practice *

* community development *

Free training offered through the Injury Control Council of WA and funded by the Commonwealth Department of Health and Ageing National Rural Primary Health Projects Initiative.

"The Map" was developed in 1999 by Roslyn Snyder, published in *Journey to the centre of your life – the map*. While appearing simple and easy to understand, "the map" is a powerful tool, which has been used in self-care, clinical practice and community development to name a few. "The map" has been the subject of a psychology Doctoral Thesis and full evaluations.



About "the map" workshop 2 day

The only way to understand "the map" is to experience it. Therefore the first two days you are taken through the emotional landscape, exploring what it is like in each place. You slowly absorb "the map" which allows you to understand what happens to you each day, to predict treatment options, empower individuals or community members. Each part of "the map" has an activity to ensure you retain what you learn.

Day 3 (optional) looks at theory plus applications (clinical and community case studies).

Learning Objectives:

To give workers:

1. a comprehensive non-threatening framework
2. a common language
3. the experience of practical activities
4. strategies to ensure they look after themselves.
5. an understanding of the theories and philosophy

To register please fax or email to Robyn Golding on 9721 6951 r.golding@iinet.net.au

For enquiries regarding the training packages please contact Dr Beth Jackson Phone: 9720 2846 or 0408808126 Email: bjackson.iccwa@bigpond.com

Enrolment Details

Experience "the map" (2 day) session dates _____

Theory and applications (1day) session dates _____

Name _____ Business Name _____

Postal Address: _____

Phone _____ FAX _____

FAX enrolment to 08 97216951 or email to r.golding@iinet.net.au

Fully funded.
BYO lunch
Morning and
afternoon tea
supplied.
Venue TBA